

# Crack the Code for Health

Find out what you can do to help protect yourself and others from getting sick. Write the answer to each clue. Use the numbers below each letter to answer the mystery question.

## CLUE 1

This outdoor activity is one way to have fun and get physical activity.

G A R D E N I N G  
2 8 10 9 9

## CLUE 2

Wear this for protection while biking.

\_\_\_\_\_  
4

## CLUE 3

Eat this red fruit as part of a healthy diet.

\_\_\_\_\_  
3 8 2 1 8 8 5

## CLUE 4

Wear this to help protect you from getting sun burns and skin cancer.

\_\_\_\_\_  
3 7 9 3 8 9

## CLUE 5

Drinking milk and eating other calcium-rich foods help make these strong.

\_\_\_\_\_  
6 9 3



## MYSTERY QUESTION

What can you do to help protect yourself and others from getting sick?

\_\_\_\_\_  
1 2 3 4 5 6 7 8  
\_\_\_\_\_  
4 2 9 10 3

ANSWERS: (1) GARDENING (2) HELMET (3) STRAWBERRY (4) SUNSCREEN (5) BONES (MYSTERY) WASH YOUR HANDS